

the TRANSFORMER



National Gathering Time is Coming Up Quickly!

by Susan Oropallo (Sunny Susan)

Conference Registrar

Peterborough, New Hampshire, USA

It's just around the corner and as Charles mentioned in the last issue, this year's event will take place at the beautiful Mt. Olivet Retreat Center in Farmington, Minnesota, about 30 minutes from Minneapolis/St. Paul.

We are certain you will agree this may well be the most spectacular conference yet. Mt. Olivet is entirely handicap accessible. **Indoors** are the housing, dining, conference areas, swimming pool, game room, sauna, and much more! **Outdoors** there are tennis courts, play areas and nature trails.

As conference registrar, I wanted it easier than ever to sign up to attend the 2003 National Gathering. There is a convenient form located on the next page here in the Transformer. Or, you can quickly sign up over the web using MasterCard or Visa as indicated below.

If you haven't already done so, you simply must take a look at the photos that are on the web. The AVP New England site [<http://www.avpne.org>] has an area devoted to the upcoming AVP/USA Conference. Besides the photos there are sign-up forms, a tentative agenda, and other information about the conference. Note that the agenda will change often as updates are made to it. For now, it is an indication of some of what we have in store for you!

Upon accessing the AVPNE.org website, just click on the "AVP/USA Conf" button on your screen. Try again later if you are unable to access it when you first try.

Conference arrivals should be planned for anytime after 12 noon on Friday May 23. The conference is scheduled through noon on Monday May 26. Including the entire

conference time in your plans will maximize the enjoyment of your participation.

Thanks to those of you who have been signing up so far to attend the conference. The entire conference committee looks forward to providing another wonderful conference experience—with a great mixture of fun and work—just like the AVP workshops we all love so much!

We are seeking volunteer facilitators for breakout sessions (mini-workshops).

Some ideas suggested as topics are:

- International perspective: New initiatives
- Inside facilitators: Support programs, etc. How to start one and nourish it.
- Back on the street: AVP as a resource for continuing support.
- AVP and Restorative Justice: What's the connection? Is there one?
- Other Restorative Justice efforts/formats: Circles, mediation, NV communication, listening circles, etc.
- Outside facilitators: Growing a program from outside.
- From the perspective of corrections: Possibly a corrections representative?
- Current research on AVP effectiveness
- National leadership perspective
- Regional updates (including Canada and Mexico)
- Developing new experiential exercises (workshop-style)
- Developing "I" messages
- Diversity Issues
- Youth facilitators
- What makes and sustains a strong AVP community?
- What makes and sustains a strong AVP community?
- Developing "I" messages
- Any Other AVP Related Issues or Topics!

If you are interested in volunteering, contact committee member Terry Kayser at tkayser6078@msn.com, or write to him at, Friends for a Non-Violent World, 1050 Selby Ave. Saint Paul, MN 55104.



AVP/USA 2003 ANNUAL CONFERENCE REGISTRATION

Noon Friday May 23 through noon Monday May 26, 2003

Name _____ Adjective Name _____ Gender _____
 Name _____ Adjective Name _____ Gender _____
 Street _____ Apt # _____
 City _____ State _____ Zip Code _____ - _____
 Phones:
 Home: (____) _____ - _____ Work: (____) _____ - _____
 Email: _____

PREFERENCES

ROOM Preference/Requirements:
(see details on following page)

DIET Preferences for all days:

- HANDICAP ACCESS (choose below)
- DORMITORY: \$199 entire conference
- SINGLE: limited space, extra charge
- DOUBLE: limited space, extra charge
- COMMUTER: saves \$40, no room
- REGULAR
- VEGETARIAN
- DIABETIC

PLEASE CHECK APPROPRIATE BOXES FOR OUR HEADCOUNT:

Friday 5/23	Saturday 5/24	Sunday 5/25	Monday 5/26
	<input type="checkbox"/> Breakfast	<input type="checkbox"/> Breakfast	<input type="checkbox"/> Breakfast
	<input type="checkbox"/> Lunch	<input type="checkbox"/> Lunch	<input type="checkbox"/> Lunch
<input type="checkbox"/> Dinner	<input type="checkbox"/> Dinner	<input type="checkbox"/> Dinner	
<input type="checkbox"/> Room	<input type="checkbox"/> Room	<input type="checkbox"/> Room	

\$\$ COSTS \$\$

Non-refundable **Deposit Needed Now:** Please enclose \$40 for each participant. Please fill out separate forms for persons with different addresses.

Ex-inmate: Contact the Registrar, Susan Oropallo, (603) 924-6759 or email her at Susan@avpnh.org for conference registration fee details.

Local sponsor's name and contact info:

Phone (____) _____ - _____ Email _____

**MORE INFO AND PHOTOS ALSO AVAILABLE AT
 HTTP://WWW.AVPNE.ORG**

(Continued on page 4)

Mail Completed Form with Payment or Credit Card Info to Susan Oropallo, PO Box 128, Peterborough, NH 03458

☒ **Full registration:** Friday afternoon through midday Monday includes 9 meals. Fee includes lodging and transportation between airport and conference:

☒ \$199 dorm room ☒ \$279 single room ☒ \$249 double room ☒ \$159 commuter *all events/meals*

☒ Partial: **Commuter** (not staying overnight): ☒ Saturday **and/or** ☒ Sunday
☒ \$118 two days ☒ \$59 one day

☒ Partial: **One overnight:**
☒ arriving Saturday, leaving Sunday **or** ☒ arriving Sunday, leaving Monday
☒ \$138 dorm room ☒ \$158 single room ☒ \$148 double room

☒ Partial: **Two overnights:**
☒ arriving Friday, leaving Sunday **or** ☒ arriving Saturday, leaving Monday
☒ \$158 dorm room ☒ \$198 single room ☒ \$178 double room

☒ Scholarship assistance and information requested. Contact the Registrar, Susan Oropallo, (603) 924-6759 or email her at Susan@avpnh.org.

(Check or Credit Card)

☒ **Check** enclosed **or for Credit Card** Payment: ☒ Master Card ☒ VISA
Card # _____ Valid through: _____
Name as on the card: _____
Signature: _____

TRANSPORTATION INFORMATION

If you are flying (be sure to see the info on page 5 of this issue!), or coming by bus or train and need shuttle transportation (no charge) from and to the Minneapolis/St. Paul Airport, we **MUST** know your arrival & departure dates and times. If you cannot include that here, please contact Terry Kayser [tkayser6078@msn.com] at (651) 647-6078 as soon as it is available.

Airline/flight: _____
Arrival date/time: _____
Departure date/time: _____

If you are driving, we can send you a map with your confirmation.
Farmington (Mt. Olivet) is about 32 miles (40 minutes) from Minneapolis, Minnesota.

☒ **Please send map.**

**CONFERENCE SITE INFO AND PHOTOS AVAILABLE AT
HTTP://WWW.AVPNE.ORG**

Special AVP Conference Airfare Ticket Discounts!

through AVP facilitator Angelika Shafer

NORTHWEST AIRLINES

Travel window: May 20, 2003 - May 29, 2003.

Available for all travelers from the US and Canada traveling to the conference.

Discounts offered:

On tickets purchased 0-29 days prior to departure 5% off the lowest published airfare available.

On tickets purchased 30+ days prior to departure 10% off the lowest published airfare available.

On tickets purchased 0-29 days prior to departure 10% off -26/-27 type fares (these tend to be quite high and would only apply to travelers that make their reservations at the very last minute and/or not stay over Saturday night.

The nice thing with this contract is that it also applies to Continental flights have a codeshare designation with Northwest, giving us more options for travelers.

AMERICAN AIRLINES

Travel window: May 21, 2003 - May 29, 2003.

Available for all travelers from the US

and Canada traveling to the conference.

Discounts offered:

On tickets purchased 0-29 days prior to departure 5% off the lowest published airfare available.

On tickets purchased 30+ days prior to departure 10% off the lowest published airfare available.

On tickets purchased 0-29 days prior to departure 10% off Y-type fares (these tend to be quite high and would only apply to travelers who make their reservations at the very last minute and/or not stay over Saturday night.

On tickets purchased 30+ days prior to departure 15% off Y-type fares (these tend to be quite high and would only apply to travelers that do not stay over Saturday night. (Zone fares - see below - would probably be better for these folks) American Airlines also offers Zone Fares, which would be good for people that make fairly last minute reservations (these fares still require a 7 day advance purchase) and/or do not stay over Saturday night. The prices for these fares depend on where they are coming from and are determined by Zones.

If you have any questions or need additional info let me know!

Family Tree Song

*S. Stroud (Holding On Houston)
Green Haven, New York, USA*

Greetings, my extended family member. As with all workshops, our workshop is experimental and keeping that in mind, I've come up with lyrics for a song. We gave it a trial run during our October's all facilitators workshop as a new exercise idea.

It was done behind the emotional wrenching scar wars exercise. It was a hit. It was a siritual moment and everyone was in complete awe! So was I, after hearing a group of people sing it for the first time. It's a beautiful song.

This project is now ready for review. We here at Green Haven have adopted it as our in-house song and would like to share this with our extended family all over the world! Please, we invite you to come and hear this wonderful marvel!

This project is only a sample song and can be adjusted perhaps as needed? I'm open for review and impressions or advice.

Thank you sincerely,
S. Stroud 94-A-0175
PO Box 4000
Stormville, NY 12582-0010

(Score/lyrics appear on pages 8 & 9)

AVP Research Study 2002: Behavioral Impact of AVP

by John Shuford (*Journeying John*)
Dover, Delaware, USA

Findings from the Behavioral impact study of the AVP program at the Delaware Correctional Center in 2002 conducted by Stan Sloane.

This study took place at Delaware Correctional Center [DCC], which has not been predisposed to rehabilitation, and yet AVP has been functioning for 10 years in this 2200 inmate facility. The study looked at inmate write-ups before and after participation in AVP and used an experimental group and control group, the latter taken from the waiting list of more than 400. The sample size was 31 for the experimental group and 37 for the control group. Most subjects had long sentences of over 15 years and about 50% were lifers. All were sentenced for violent crimes and most had multiple offenses. Half of the experimental group had only the Basic workshop and the other half had advanced levels.

The results of the study were that the experimental group experienced a 60% drop in write-ups compared with the control group. AVP showed a greater impact on young [under 40] inmates and those with a GED or high school education. It was equally effective with all ethnic groups studied.

An explanation for why AVP appeared to be more effective with those under 40 is that those over 40 tend to have far fewer write-ups in the first place. Those over 40 in both the control and experimental groups had low write-ups and thus, showed only a small improvement from AVP.

There were also interviews with a sample of the experimental group. Analysis of

their comments suggests:

- AVP develops respect for self and others [empathy].
- AVP develops critical social skills [communication, interpersonal trust]
- AVP helps participants develop alternative approaches to conflict resolution by providing examples, practice and positive reinforcement.
- Participants desire a better "community" within the institution [safer, more social environment with more meaningful interaction with fellow inmates and a desire to participate in socially oriented activities.]
- AVP establishes a reinforcing social system within the institution.



All of the interviewed men indicated they had grown up in environments where they were physically and/or sexually abused. Most said they did not understand any other way to react to conflict or confrontation except violently, because they never had an alternative model or example. That is, they started from a position of significant deficiency in social skills as compared to the general public. It is the first time most of them have been taught how to communicate and relate to others. For many, it is the first time they have talked to someone else about their thoughts or feelings on any intimate level.

It all starts by establishing a sense of dignity or self-worth in participants. This

serves to instill a willingness and ability to communicate. Participants first have to see themselves as worthy of being communicated with, in order for them to initiate the process. As they begin communicating, they develop affective trust [Cognitive trust is believing that others are competent to carry out a particular task, whereas affective trust is believing others will support and help you as part of your friendship]. As trust builds, they begin to share feelings and learn that others are more like them than they are different. This leads to the recognition that others are “OK.” As affective trust increases, participants begin to see others as having value, which is the foundation for empathy. The result is that pro-social behaviors begin to develop rather quickly. As their self-confidence and self-esteem develop, they are less affected by the negative influences on their tiers and in the institution in general. This is reinforced by the high level of visibility of this positive “community” in the institution and the fact that other graduates tend to perpetuate what they have learned from AVP. It also creates curiosity in new inmates who are apprehensive about prison life and are drawn to this community.

Of long term significance is the relationship of these changes on maturation. Two very important skills or abilities of adult maturity is being able to develop meaningful relationships and make healthy decisions. Prison, by its design, arrests the development of these two skills. AVP effectively reverses this process by:

- Fostering the development of empathy which is the result of an individual looking at and accepting him/herself [in-to-me-see] which allows her/him to be intimate with others, all of which is necessary for meaningful relationships with significant others.

(See RESEARCH on page 15)

Some Words From Inside on Support and Worry

Jarad J. Englisby (Joking J.J.)
Concord, Massachusetts, USA

Carolyn Shohet wrote:

At a recent Basic AVP workshop, one of the inmates, Jarad J. Englisby, read the following piece that he had recently written. He seemed quite thrilled at the idea that it might be published in a future edition of the Transformer. J.J. is an inmate facilitator at MCI/Concord whose adjective name is “Joking J.J.”

If you have a family or anyone on the outside to support you in any way, then consider yourself very fortunate. Do all that you can to maintain and build upon those relationships.

Communication is the key! Regular letters, telephone calls, and visits will always help. Always report the positive happenings in your life. Admit past mistakes, and let go of old resentments. Always show your appreciation and love for them, because they need that too. A strong support system can carry you a long way!!

Worry is the most senseless use of mental energy! I have seen others worry themselves until they become so overwhelmed that they give up all hope. We should not worry over things we have no control over. A pending appeal, a woman, an unruly child at home, are things we shouldn't worry about.

We have to realize that what is to be, will be! You don't want to end up dependent on what could have been for your peace of mind. Or having some medical problem due to self-worry. Save yourself a lot of grief, and place focus on the improvements of your mind.

J.J. #W70069, December 30, 2002

No more zooming a-to-wo — No more zooming a-to-wo —
 No more self put downs — No more zooming a-to-wo —
 C C7 (26) Am (27) F (28) F C
 — and — with-out A V P Be true to self and
 (30) F C (31) Gm7 (32) D6Aug. C7 (33) F Dm7
 watch the ma-gic come — it's in each and ev-ry — one it's the fears we hide
 (34) D6Aug C7 (35) F Dm (36) D6Aug. C7 (37) Gm
 that lies in pride — it's time to wide high on A V P pride it's the fa-mi-ly tree — that needs
 (38) Gm7 F (39) D6 C (40) C F (41) Gm Gdim
 — to be — who you are — that ma-kes A V P it's the fa-mi-ly tree — that needs
 you (42) Gm7 F (43) D6 C (44) C
 C C

The Nigerian Flag Flew in New Hampshire!

by Susan Oropallo (Sunny Susan)
Peterborough, New Hampshire, USA



Charles Oropallo, Iyke Chiemeka, Susan Oropallo

Mr. Iyke Chiemeka, the Nigerian AVP National Coordinator, was the esteemed guest of honor for a valuable mutual learning experience in February. Iyke traveled to New Jersey from an AVP stay in London. This was his first trip to the US. He was greeted and hosted by Toby Riley who accompanied him to New Hampshire to the home of Susan and Charles Oropallo. This was a joyful reunion of participants from the 2002 AVP International Conference held in Lagos, Nigeria last September. Discussions on AVP events, facilitators and program improvements lasted late

into the evenings.



Iyke Chiemeka, Alan Taplow, Toby Riley

Charles, Toby and Iyke traveled even further north to the colder climes of Maine to facilitate an Advanced Workshop in the Bolduc Correctional Facility. This was the follow-up to a recent Basic workshop that revitalized the AVP program, which had been dormant in the facility for many years. The workshop participants responded eagerly and signed on to do the Training for Facilitators workshop in the following week. Iyke's facilitating



Charles Oropallo, Iyke Chiemeka, Katie Williams, Toby Riley



Judy Varner, Shiela Garrett, Charlotte Fardelmann

skills added an incredible awareness that AVP is international and AVP relates to ALL people. He underscored the valuable application of AVP principles.

We had the pleasure of hosting an "open house" in honor of Iyke's visit, complete with a Nigerian flag in the snow bank! It was the snowy afternoon of March 2, 2003. Many AVP facilitators traveled to meet him and learn how AVP is growing in Nigeria. Vermont was represented by Alan Taplow and Judy Varner. Charlotte Fardelmann made the trek from mid-NH. Locally we had Mary Williams, Jay Cox, Katie Williams, Sheila Garrett, and Judy Brophy join us. Pictures, notes and AVP Nigeria Newsletter magazines were shared



Mary Williams, Judy Varner, Jay Cox

as well as conversation. All were impressed with the significant issues that are being addressed - breaking down religious barriers, ethnic barriers, and gender equality. The rapid growth of the program was greatly admired and the support of the IRC was applauded. We even enjoyed sharing "Jack in the Pot" well led by Iyke!

The visit was over much too quickly. We are hoping that more sharing of this kind can happen in the future. It's educational for all.



Charlotte Fardelmann, Iyke Chiemeka, Judy Brophy

News From AVP Ingushetia

by Mir Khadjimuratov
Grozny, Chechnya currently living in Ingushetia

Raffi Aftandelian wrote:

Below is a testimonial from the AVP-Ingushetia coordinator, Mir Khadjimuratov. Mir's name means "peace"! I am reconstructing (paraphrasing) it based on written notes from an interview with him:

We were in awful shape when the war came. We were just getting used to peace [Mir is referring to the 96-66 interbellum years, between the first and second Chechen wars]. It was very difficult to leave Chechnya. We tried to take our belongings with us. There was so much uncertainty. We weren't able to settle in an apartment. We found housing in a refugee tent camp [in Ingushetia, the neighboring republic; the Ingush are a sister people; collectively the Chechens and Ingush call themselves "vainakh"] called "Bart" ("solidarity" in Chechen). There was no gas. We had to gather firewood, there wasn't enough of it.

One Chechen woman who knew I was smart invited me to a gathering where there would be foreigners. Galina Orlova and Patricia Cockrell [of Friends House Moscow] conducted the basic workshop. I had a mixed impression from the workshop. The group was mixed both in terms of age and sex. Since the workshop was not conducted at the camp but at a private home, it was very cozy. The second level workshop was conducted at the same home. I left full of emotion. The third workshop was conducted at a hotel in Malgabek. We played the guitar during after-hours. We really got to be close.

Before the workshop, we saw in foreigners a potential means to change our economic situation. A foreigner could help us find work, for example in a nonprofit organization. But after these workshops I realized that these workshops are about

spirituality.

I was offered work in the Center for Peacemaking and Community Development [organization established by UK Quaker Chris Hunter].

With the start of the second war, I had become spiritually ravaged, full of fear. These workshops cleansed me of that fear. A sense of confidence awoke in me. And I saw that we need to put energy into promoting this work. With each workshop that I conducted I saw that the faces of young people changed. I saw and other saw that conflicts can be solved. Others became more confident too. We learned in our workshops how to deal with difficult participants. We also learned to think for ourselves and not just do AVP by the book.

I see that others who have gone through AVP now have more confidence about tomorrow. They have better spirits. Some have now applied for study in college as a result.

I found through AVP that I had joined another world, another group, another culture. And yet, I had not given up my own traditions. Before there was the fear that AVP was some kind of sect, now young people seek us AVPers out themselves. Before, the war went on inside of me. Now that has changed.

I find that now in speaking with [Russian] soldiers [at checkpoints] I am more confident, I can get them to change their mind. I am thinking one or two steps ahead. Recently I went to Chechnya. I had been afraid to go there. Such mayhem goes on there that I never know what to expect. On the 23rd February [this is "Defender of Fatherland Day", a military day, the closest thing Russia has to a day for men; and by coincidence it is the anniversary of the deportation of the Chechens and Ingush to Kazakhstan in cattle cars in 1944. They were falsely accused of collaboration with

(See *INGUSHETIA* on page 12)

An AVP Facilitator's Point of View

by Beth Albright
Melton Mowbray, UK

I have been a facilitator now for five years, and a lead facilitator for two. People ask me “What’s it like to run a workshop?” It’s a surprisingly tough question to answer. I tell them I don’t “run” anything, unless I am the lead trainer, and then I run the paperwork after the workshop! AVP workshops are guided into being, not run by the facilitators. My role is to work with the team of facilitators to create an environment where the participants and facilitators can create a close community. Much of what happens depends on the participants – are they willing to be part of such a community?

Each workshop creates a unique community, but the principles underpinning the community and method of getting there are the same. It’s difficult how to explain that starting out on the same road leads to a different destination every time, but that’s what it’s like.

Different levels of workshop – basic, second and training for facilitators – have different needs. The relationship between participant and facilitators is different in each case. In a basic workshop, the participants are guided by the facilitators

through a series of exercises, discussions and games, which explore the themes of violence, non-violence and conflict resolution. In a second level, the participants decide which aspect of violence they wish to explore in depth, and the facilitators select exercises and discussions to respond to that request. On a trainer’s course, the trainees facilitate, making the line between trainee and facilitator blurred.

It’s important to realize that simply because there are different levels of courses, this isn’t like school where you “progress” from course to course. Although you must complete a basic to participate in a second level, you can then do another second level.

The other questions I am often asked are interlinked – Why do you do this and what do you get from this? These questions are asked as frequently put by participants as they are by friends and family. I can only speak for myself when I answer these questions. As a Quaker, I believe there is that of God in all people – or, in non-religious terms, I believe there is a drive within us all towards peace. Once you can show people that they, too, have this, it’s amazing the learning that comes from that. To me, helping people to see this side of themselves and learn how to use it is a reaffirmation of my beliefs. This reaffirmation is one of the main personal benefits from facilitating AVP workshops.

(INGUSHETIA continued from page 11)

the Nazis. Many died on the way to Kazakhstan. On another side note, American Lend-Lease Studebakers were used to transport the deportees; so this is a day when during the war people expect unpleasant things to happen], I had to deal with a drunk soldier. This time, however, I was confident.

I feel more spiritually rooted now. I see life in brighter colors now. At home, with my wife I have learned to interact more constructively, and also in relating to my father. I am now more in touch with my

feelings; more careful in what I say.

I now have an increased sense of responsibility. I see I am very good at active listening and am looking to get trained as a psychologist.

Mir’s contact info is +7 (87322) 26212, email: ingcpcd@mail.ru and mir333@yandex.ru Note he doesn't speak English (yet) but there are people who translate for him.

Contact Raffi Aftandelian via email at brynza@online.ru to learn details of how you might provide desperately needed financial support to AVP for work in this area.

Ordering AVP Manuals and Publications

Publications:	Price Qty
Basic Manual (indicate loose leaf or bound)	7.50/ea _____
Advanced (2nd Level)	10.00/ea _____
Training for Trainers	10.00/ea _____
Youth Manual (indicate loose leaf or bound)	10.00/ea _____
Spanish Manuals	
•Bogota Columbia Basic (This is a reasonably literal translation.)	15.00/ea _____
•CEPPA Costa Rica Basic (This is a more idiomatic translation.)	20.00/ea _____
•New Jersey Basic Exercises (Not a complete Basic Manual. Just the Basic exercises translated by inmates in New Jersey.)	5.00/ea _____
•Advanced (PAV Mexico translation)	20.00/ea _____
•Training for Trainers (PAV Mexico translation)	10.00/ea _____
AVP Organizing Kit	10.00/ea _____
New Zealand AVP Evaluation	5.00/ea _____
AVP Video (VHS Format. Approximately 1 hour including 27 minute Belly of the Beast and 12 minute segments showing AVP, HIPP, & RAVE)	30.00/ea _____
Chicken Soup for the Prisoner's Soul	12.95/ea _____
Transforming Power for Peace by Larry Apsey (plus \$1.50 S&H)	7.00/ea _____
Transforming Power—AVP in Action Hal Brody, Martin Hattersley, Gini Floyd	8.50/ea _____
How to Do Good After Prison	8.50/ea _____
Walking Softly in an Alien World	4.00/ea _____

Additional Postpaid items:

Pendle Hill Pamphlet #323: Nonviolence & Community	3.00/ea _____
Overview & Background packet by John Shuford	1.00/ea _____
AVP/USA National and International Contact Directory	1.00/ea _____
AVP/USA By -Laws & Policy Guide	1.00/ea _____
Testimonial Booklet	1.50/ea _____
Walrath AVP Evaluation	1.00/ea _____

Custom Printed items:

AVP National Brochure*	15.00/C _____
Custom Printed Certificates*	20.00/C _____

*These items can be customized for your counsel or group. One time \$15 setup on first order. Contact Alan Taplow for details.

All manuals are loose leaf except the newly revised Basic Manual and the Youth Manual, which are bound books. If you would prefer the Basic or Youth Manual as loose leaf, please indicate "loose pages" on your order.

Shipping Charges:
Indicate "Priority Mail" or "Media Mail" on order.

Priority Mail: 4.00 for first item
(normally 3-5 days) 1.50 for ea additional item east of Mississippi
1.75 for ea additional item west of Mississippi
2.00 for ea additional item west of Rockies

Media Mail: 2.00 for first item
(normally 7-14 days) .50 for each additional item



NEW!

This collection of true stories illustrates how this universal force, Transforming Power, can become an internal force that helps individuals seek to bring nonviolent resolution to potentially violent situations. The stories were collected from AVP facilitators by Hal Brody.

All Orders Must Be Prepaid:

Payment method:

- Check to AVP/USA for _____ enclosed
- Charge my MasterCard Visa
Card# _____
Valid through month ____ year ____
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AVP Distribution Service
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844 John Fowler Road
Plainfield, VT 05667

For inquiries or additional information contact:

Alan Taplow
802-454-4675
ataplow@bigfoot.com

Contacting AVP/USA

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Committee of Local and Regional Groups: Ellen Flanders, chair 518-899-4418; Mid-Atlantic: no current representative, contact Tom Truitt tomtruitt@intercom.net 410-810-3646; Mid-South: Jan Krouskop jan@krouskop.net 318-797-1412; Midwest: Teresa Tyson teresatyson@hotmail.com 740-852-1348; New York: Grace McGrath gmcgrath@sover.net 802-388-6576; Northwest: Dotty Joos djoos@sonic.net 707-874-2638 and Jane Foraker-Thompson ewsjft@aol.com 775-266-4231; Pennsylvania: new region, no representative as yet, contact Ann Ward ajw109@psu.edu 814-234-4978; Rocky Mountain/West: Chelsea Kesselheim chelkess@onewest.net 307-332-6518; Southeast: Warren Hoskins warrenhoskins@netscape.net 305-253-2635; Southwest: Diana Couch avpcouch@aol.com 661-942-6838

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Conference Committee: Steve Angell; Don Ayers; Chia Hamilton; Nancy Helfrich; Terry Kayser; Aaron (Sef) McBride; Dick Nethercut; Susan Oropallo, registrar susan@avpnh.org 603-924-6759; Joanna Perry; Henry Rivera; John Shuford

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Technology Committee: Rick Krouskop; Charles Oropallo; Toby Riley, chair tobyriley@quaker.org 609-265-6969

Signing on to the AVP-L list

*Peter Hoover (Persistent Peter)
Trumansburg, New York, USA*

AVP-L@CORNELL.EDU is a discussion list open to certified trainers of creative conflict-resolution workshops held under the auspices of the Alternatives to Violence Project, Inc., or its approved national (U.S.) or international equivalents. It is designed to facilitate communication among these individuals, with discussions to center around facilitation techniques, workshop exercises, and other useful information pertaining to the mechanics of facilitating AVP workshops. To preserve the confidentiality of workshop participants, please make comments about such individuals generic.

To subscribe, send an e-mail message indicating where and when you obtained your AVP facilitator certification, where you currently train, and any other pertinent information you care to include to the list owner, Peter Hoover, at prh4@cornell.edu.

Signing on to the AVP-L2 list

*Richard Krouskop (Rambunctious Rick)
Shreveport, Louisiana, USA*

Want to share your work with, or thoughts on: restorative justice, prison reform, school violence, the (.....Insert your favorite region here) conflict between (.....side A) and (....side B), etc.? That's what the AVP-L2 E-mail discussion group is designed for.

On AVP-L2, there are no restrictions: just "anything in which you think other AVP facilitators might be interested."

Email rick@krouskop.net to get signed up.

(RESEARCH continued from page 7)

- Empowering participants through interpersonal and intrapersonal skills development and attitude change. Inmates typically feel themselves to be victims, powerless and alienated. AVP helps them realize they are co-creators of their lives which, with positive attitude change, leads to responsible and healthy decision making.

Of interest here is the finding reported in the "Effectiveness of the Cognitive Skills Training Program: From Pilot to National Implementation," published by the Correctional Services of Canada [1991], that a "cognitive skills program produced significant improvements in almost all psychometric measures in participants, measures that have been shown to be effective predictors of criminal behavior." We don't yet have research data on the impact of AVP post release, but all indications are that it is likely to be significant. [A recidivism study of AVP at DCC is currently underway.]

This study has shown that AVP significantly improves behavior [measured by write-ups] in inmates who were violent offenders serving long sentences. It was especially effective with those under 40 years of age with at least a GED or high school education. It also seems to improve empathy, critical social skills and a belief that they can improve their life and situation.

AVP and AVP type programs appear to be an important component in a total rehabilitation approach, which includes education, vocational training and drug treatment. Once an individual's attitude and skill level have changed, almost anything is possible.

Copies of the full "Behavioral Impact Study of AVP" can be obtained by contacting Stan Sloane stanton.d.sloane@lmco.com or John A. Shuford jshuford@dol.net.

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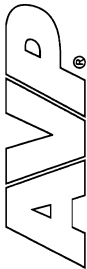
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“the TRANSFORMER” is the Alternatives to Violence Project USA, Inc. newsletter for facilitators and others with an interest in AVP. It is published and mailed quarterly in Spring, Summer, Fall, and Winter by AVP USA at Peterborough, New Hampshire. Articles are welcome.

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Transformer Editor: Charles Oropallo
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Peterborough, NH 03458

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